



## CARROTS, CANNED

Date: April 2009

Code: A098

### PRODUCT DESCRIPTION

- Canned carrots are U.S. Grade A.
- Canned carrots are sliced or crinkle cut.

### PACK/YIELD

- Each can contains about 15 ounces, which is about 1  $\frac{3}{4}$  cups or 3 servings ( $\frac{1}{2}$  cup each) after cooking and draining.

### STORAGE

- Store unopened carrots in a cool, clean, dry place.
- Store opened carrots in a tightly covered container not made from metal and refrigerate.
- Look at the "Best if used by" or "Best by" date on the can.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at:  
<http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

### PREPARATION/COOKING

- Canned products are fully cooked, so it is safe to eat them without cooking.
- If heated, serve right away or refrigerate leftovers in a container not made from metal.

### USES AND TIPS

- Serve canned carrots heated, or use in a variety of main dishes, soups, salads, and stuffing.

### NUTRITION INFORMATION

- $\frac{1}{2}$  cup of carrots provides  $\frac{1}{2}$  cup in the MyPyramid.gov Vegetable Group. For a 2,000-calorie diet the daily recommendation is about 2  $\frac{1}{2}$  cups of vegetables.
- $\frac{1}{2}$  cup of carrots provides more than a day's worth of vitamin A.

### FOOD SAFETY INFORMATION

- If the can is leaking or the ends are bulging, **throw it away**.
- If the canned food has a bad odor, or liquid spurts out when the can is opened, **throw it away**.

### OTHER RESOURCES

- [www.nutrition.gov](http://www.nutrition.gov)
- [www.commodityfoods.usda.gov](http://www.commodityfoods.usda.gov)

### NUTRITION FACTS

Serving size:  $\frac{1}{2}$  cup (73g) canned carrots, drained

#### Amount Per Serving

Calories	20	Calories from Fat	0
% Daily Value*			
<b>Total Fat</b> 0g	0%		
Saturated Fat 0g	0%		
Trans Fat 0g			
<b>Cholesterol</b> 0mg	0%		
<b>Sodium</b> 180mg	8%		
<b>Total Carbohydrate</b> 4g	1%		
Dietary Fiber 1g	4%		
Sugars 2g			
<b>Protein</b> 0g			
Vitamin A 160%	Vitamin C 4%		
Calcium 2%	Iron 2%		

\*Percent Daily Values are based on a 2,000 calorie diet.

## CHICKEN WITH VEGETABLES AND RICE

**MAKES ABOUT 3 SERVINGS**

### Ingredients

- 1 can (about 15 ounces) carrots, drained
- 1 cup (about 5-6 ounces) cooked chicken, diced
- ½ chicken bouillon cube (or ½ teaspoon instant chicken bouillon granules)
- ½ teaspoon basil, dried (if you like)
- ½ cup water
- 1 cup white rice, cooked
- 1 small can (about 8 ½ ounces) unsalted green peas, drained

### Directions

1. Combine carrots, chicken, bouillon, and ½ cup water in medium-size saucepan. If using basil, add that too. Bring to boil.
2. Stir in rice; then add peas. Remove from heat.
3. Cover and let stand 2 minutes.
4. Stir gently and serve.

#### Nutrition Information for 1 serving (1 cup) of Chicken with Vegetables and Rice

<b>Calories</b>	230	<b>Cholesterol</b>	35 mg	<b>Sugar</b>	7 g	<b>Vitamin C</b>	12 mg
<b>Calories from Fat</b>	20	<b>Sodium</b>	470 mg	<b>Protein</b>	19 g	<b>Calcium</b>	66 mg
<b>Total Fat</b>	2 g	<b>Total Carbohydrate</b>	33 g	<b>Vitamin A</b>	815 RAE	<b>Iron</b>	3 mg
<b>Saturated Fat</b>	0.5 g	<b>Dietary Fiber</b>	6 g				

*Recipe adapted from DelMonte.com.*

## HONEY RAISIN CARROTS

**MAKES ABOUT 8 SERVINGS**

### Ingredients

- 1 can (about 15 ounces) carrots, drained
- 1 tablespoon margarine, from tub preferred
- 2 tablespoons seedless raisins
- 1 tablespoon honey
- ¼ teaspoon cinnamon

### Directions

1. In saucepan on the stove, combine all ingredients and heat through.

### Microwave Directions

1. Combine all ingredients in microwave safe bowl.
2. Cook on high for 3 minutes, stirring halfway through (after 1 ½ minutes).

### Tip

For variety, try canned peas or canned lima beans in place of canned carrots.

#### Nutrition Information for 1 serving (½ cup) of Honey Raisin Carrots

<b>Calories</b>	80	<b>Cholesterol</b>	0 mg	<b>Sugar</b>	10 g	<b>Vitamin C</b>	2 mg
<b>Calories from Fat</b>	25	<b>Sodium</b>	270 mg	<b>Protein</b>	1 g	<b>Calcium</b>	40 mg
<b>Total Fat</b>	3 g	<b>Total Carbohydrate</b>	14 g	<b>Vitamin A</b>	3485 RAE	<b>Iron</b>	1 mg
<b>Saturated Fat</b>	0.5 g	<b>Dietary Fiber</b>	2 g				

*Recipe provided by DelMonte.com.*